



northvanrec  
the place to be

# tennis

**All North Vancouver Recreation Commission adult programs are based on the Tennis Canada "Play Tennis" rating system which is used all across North America.**

## **Self-Rating Guidelines**

**This is a tool to identify and describe different levels of tennis ability. It will allow you to see your progress and fit into the appropriate instructional or competitive programs. The ratings parallel the U.S. NTRP System.**

**1.0** This player is just starting to play tennis.

**1.5** This player has been introduced to the game, however has difficulty playing due to lack of consistent rallying and serving.

**2.0** Can get to the ball but lacks control, resulting in inconsistent rallies. Often chooses to hit forehands instead of backhands. Tends to position to protect weakness. Inconsistent returns. In singles, reluctant to come to net. In doubles, understands basic positioning; comfortable only with the forehand volley; avoids backhand volley & overhead. Incomplete service motion. Toss is inconsistent. Double faults are common.

**2.5** Can rally consistently 10 balls in a row, over the net at moderate speed, with an arced trajectory, especially on the forehand. In singles, consistent when returning to the middle of the court. In doubles, difficulty starting the point with a crosscourt return. Becoming at ease at net in practice but uncomfortable in a game situation. Attempting a full service motion on 1st serve. Still inconsistent (less than 50%). Uses incomplete motion to ensure consistent 2nd serve.

**3.0** Can rally 10 balls in a row consistently using forehands & backhands. Able to maintain a moderate paced rally when receiving high, short, or wide balls. Can control the direction of the ball when receiving moderate paced serves. Very consistent on moderate paced balls to forehand volley. Inconsistent on backhand. Overall difficulty with low and wide balls. Can smash easy lobs. Full motion on both serves. Able to achieve more than 50% success on 1st serve. 2nd serve much slower than 1st.

**3.5** Able to move the opponent around the court or hit harder when receiving easier balls. Can perform approach shots with over 50% consistency. Can return fast or well placed serves defensively. Can return an easier serve with pace or placement. Can approach the net in doubles. Becoming consistent on volleys and overheads requiring moderate movement. Can direct forehand volley. General difficulty putting volleys away. Can vary speed or direction of 1st serve. Can direct 2nd serve to opponent's weakness without double-faulting regularly.

**4.0** Able to develop points consistently by using a combination of shots. Erratic when attempting a quality shot from a fast or well placed ball or when attempting a passing shot. Has difficulty returning very fast or spin serves. Can hit a good shot or exploit an opponent's weakness on moderate paced serves. Can follow an approach shot to net. In doubles, can receive a variety of balls and volley offensively. Can poach on weak returns and put away easy overheads. Can vary the speed and direction of the 1st serve. Can use spin.

High Performance Programs are also available.

Phone Grant Connell Tennis Centre at 604-983-6483 for info.

## **Equipment:**

All participants provide their own racquet (with the exception of Tennis BC F.A.S.T. Clinic). Wait before you buy; try to borrow a racquet for the first lesson then ask the coach about the most suitable equipment for you.



# Tennis Registration Lottery

## for Adult Indoor Tennis Programs at Grant Connell Tennis Centre

*Our indoor tennis programs are very popular.*

**To ensure fair and equal access to the limited number of spots at Grant Connell Tennis Centre we have introduced a registration lottery system for all adult indoor tennis programs.**

### *How to participate in the tennis registration lottery for Adult Indoor Tennis programs for Fall 2009:*

1. Customers fill out a form for the course they want to take. Limit one form per person per course. Individuals can apply for a maximum of eight courses.
2. Tennis lottery forms will be available online at [www.northvanrec.com](http://www.northvanrec.com) and at Grant Connell Tennis Centre beginning July 31.
3. All lottery forms must be completed and submitted by 7:00pm, Wed. Aug. 19. Online forms will automatically be entered into the lottery. Hard copy forms must be mailed or dropped off to Grant Connell Tennis Centre – 280 Lloyd Ave, North Vancouver, V7P 3H3.
4. Customers whose names are drawn for a space in a course will have their Playcard numbers posted online at [www.northvanrec.com](http://www.northvanrec.com) and also in the Grant Connell Tennis Centre lobby on Fri. Aug. 28. Customers are responsible for verifying whether or not they have obtained a confirmed spot. The North Vancouver Recreation Commission will not be contacting individual customers.
5. In order for customers to claim their lottery space, they must register and pay by 5:00pm, Sept. 9. Registrations may be done in person or by phone at any North Vancouver Recreation or Community Centre. Customers are limited to registering for no more than 3 courses in 1 calendar month.
6. Successful applicants who do not claim their lottery space(s) will be removed the morning of Sept. 10 in order to open space for customers on the waitlist.
7. Program spots are non-transferable.
8. Please note: Junior Indoor Tennis Programs are not included in the Lottery Registration. Customers wishing to register for Junior programs can follow the general registration process used for all northvanrec programs (see p.3).

# racquets tennis

idea # 674: Explore the local walking trails.

## schoolage

### Progressive Tennis ½ Court "Fundamentals" 5-6yrs

½ Court Tennis uses a scaled down court and modified balls to make learning faster and play more successful. Sessions cover fundamentals and the 'ABC's' of movement (agility, balance, & coordination).

[Grant Connell Tennis Centre](#)

229568	Tu/Th	Sep 22-Dec 17	4:30-5:25pm
\$325			
230207	Tu/Th	Jan 5-Mar 25	4:30-5:25pm
\$300			

### Progressive Tennis ¾ Court "Fundamentals" 7-10yrs

¾ Court Tennis uses a modified court and low-compression balls to speed learning of groundstrokes, volleys, and serves.

[Grant Connell Tennis Centre](#)

229570	Tu/Th	Sep 22-Dec 17	3:30-4:25pm
\$325			
230206	Tu/Th	Jan 5-Mar 25	3:30-4:25pm
\$300			

### Youth "Fundamentals" 9-12yrs

This level starts players with basic skills at the Mini-Tennis distance and progresses players to consistent full court play using groundstrokes, volleys, and serves. Modified balls are used to speed learning.

[Grant Connell Tennis Centre](#)

229565	Sa	Sep 26-Dec 19	11:00-11:55pm
229566	Sa	Sep 26-Dec 19	12:00-12:55pm
\$168			
230209	Sa	Jan 9-Mar 27	11:00-11:55pm
230210	Sa	Jan 9-Mar 27	12:00-12:55pm
\$140			

In addition to the programs listed here, Grant Connell Tennis Centre has a full range of higher level junior programs. Please contact the centre directly for details (604-983-6483)

## adult

### Tennis BC F.A.S.T Clinic

Developed by Tennis BC for adult beginners, the Fun Adult Starter Tennis clinic focuses on the idea that tennis is not a difficult game to learn! Participants receive a FREE Wilson racquet.

[Grant Connell Tennis Centre](#)

229163	M	Sep 21-Oct 19	9:30-11:25am
229166	Sa	Sep 26-Oct 24	1:00-2:55pm
229164	M	Oct 26-Nov 16	9:30-11:25am
229167	Sa	Oct 31-Nov 21	1:00-2:55pm
229165	M	Nov 23-Dec 14	9:30-11:30am
229168	Sa	Nov 28-Dec 19	1:00-2:55pm
230179	M	Jan 4-25	9:30-11:30am
230181	Sa	Jan 9-30	1:00-2:55pm
230183	M	Feb 1-22	9:30-11:30am
230182	Sa	Feb 6-27	1:00-2:55pm
230180	M	Mar 1-22	9:30-11:30am
230184	Sa	Mar 6-27	1:00-2:55pm
\$98			



### F.A.S.T. League

The Fun Adult Starter Tennis league is a great follow-up to the F.A.S.T clinic for players at the 1.0-1.5 levels. Players rotate for 90 minutes of low-key doubles. Balls supplied, run by coaches.

[Grant Connell Tennis Centre](#)

229205	Su	Sep 27-Oct 25	11:00-12:30pm
229206	Su	Nov 1-22	11:00-12:30pm
229207	Su	Nov 29-Dec 20	11:00-12:30pm
229207	Su	Nov 29-Dec 20	11:00-12:30pm
230185	Su	Jan 10-31	11:00-12:30pm
230186	Su	Feb 7-28	11:00-12:30pm
230187	Su	Mar 7-28	11:00-12:30pm
\$60			

### Tennis - 2.0 Clinic

For the player with some experience. Covers the skills required to successfully handle common situations encountered while serving and returning as well as at baseline and net.

[Grant Connell Tennis Centre](#)

229234	M	Sep 21-Oct 19	6:30-7:55pm
229237	W	Sep 23-Oct 14	9:00-10:25am
229242	Su	Sep 27-Oct 25	2:30-3:55pm
229235	M	Oct 26-Nov 16	6:30-7:55pm
229238	W	Oct 21-Nov 18	9:00-10:25am
229240	Su	Nov 1-22	2:30-3:55pm
229236	M	Nov 23-Dec 14	6:30-7:55pm
229239	W	Nov 25-Dec 16	9:00-10:25am
229241	Su	Nov 29-Dec 20	2:30-3:55pm
230188	M	Jan 4-25	6:30-7:55pm
230191	W	Jan 6-27	9:00-10:25am
230194	Su	Jan 10-31	2:30-3:55pm
230189	M	Feb 1-22	6:30-7:55pm
230192	W	Feb 3-24	9:00-10:25am
230195	Su	Feb 7-28	2:30-3:55pm
230196	M	Mar 7-28	6:30-7:55pm
230193	W	Mar 3-24	9:00-10:25am
230196	Su	Mar 7-28	2:30-3:55pm
\$82.50			

### Tennis 2.0/2.5 League

Includes 90 minutes of low-key doubles competition. Balls supplied, run by coaching staff.

[Grant Connell Tennis Centre](#)

229251	Su	Sep 27-Oct 25	12:30-2:00pm
229253	Su	Nov 1-22	12:30-2:00pm
229252	Su	Nov 29-Dec 20	12:30-2:00pm
230197	Su	Jan 10-31	12:30-2:00pm
230198	Su	Feb 7-28	12:30-2:00pm
230199	Su	Mar 7-28	12:30-2:00pm
\$60			

### Senior Mixed Social Doubles (Silver Sneakers)

90 minutes of organized doubles play with rotating partners. For players 55 yrs & older. Balls supplied. Run by coaching staff.

[Grant Connell Tennis Centre](#)

229561	F	Sept 25-Oct 16	2:00-3:30pm
229562	F	Oct 23-Nov 13	2:00-3:30pm
229563	F	Nov 20-Dec 11	2:00-3:30pm
230201	F	Jan 8-29	2:00-3:30pm
230202	F	Feb 5-26	2:00-3:30pm
230203	F	Mar 5-26	2:00-3:30pm
230200	F	Apr 9-30	2:00-3:30pm
\$51			

### 2.5 and above

Grant Connell Tennis Centre has a variety of clinics, drill sessions, and leagues at the 2.5-4.0 level. Please contact the centre directly for information (604-983-6483).

